

Restriction on Repeat Testing of Vitamin B12 and Vitamin D

Audience: Internal and External Clients
Issuing Dept.: Division of Clinical Biochemistry
Enquiry: Dr. Paul Yip: (416) 480-6100 ext. 1594
E-mail: paul.yip@sunnybrook.ca

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The Medical Advisory Committee has approved a restriction on repeat testing of Vitamin B12 and Vitamin D. Any bloodwork that is collected within 80 days for Vitamin B12 and Vitamin D of a previous normal result will not be performed by the laboratory without a valid reason.

Current guidelines related to monitoring of Vitamin B12¹, and Vitamin D², indicate that a repeat test would be appropriate after 3 months where a change in the blood level is expected.

The ordering clinician will see a comment in the test result stating: "Test was not performed due to a previous order within the preceding 3 months. Please contact the Laboratory within 5 days if testing is required." **The Biochemist on-call will approve any requests that fall within the retesting period with a valid reason.**

Consistent with the Choosing Wisely Priority Areas 2019-2020, chronic disease laboratory testing (e.g. lipid profile, HbA1c, Vitamin D, TSH) should not be performed in patients unless clinically indicated by a change in symptoms or where the result will change the management plan.³

References:

1. Hunt et al. Vitamin B12 deficiency. BMJ Sep 2014;349:g5226 <https://doi.org/10.1136/bmj.g5226>.
2. Hanley et al. Vitamin D in adult health and disease: a review and guideline statement from Osteoporosis Canada. CMAJ. Sep 2010, 182 (12) E610-E618. [\[link\]](#)
3. Choosing Wisely at Sunnybrook: <http://sunnynet.ca/default.aspx?cid=122175>